Beat the Heat Before It Beats You

Keeping cool when the weather is hot

Strategies to protect yourself from heat illness: By the American Council on Exercise

1. Hydration: Fluid replenishment before, during and after exercise is essential to avoid progressive dehydration. Always consume more fluids than you think you need before and after exercise, and strive to drink six to eight ounces of fluid every 15 to 20 minutes during exercise.

2. Exercise Intensity: You should probably reduce the intensity of your workout, particularly the first few times you are exposed to higher temperatures.

3. Temperature: Use the heat stress index table to determine the risk of exercising at various combinations of temperature and humidity. While a 90° F outdoor temp is relatively safe at 10 percent humidity, the heat stress of 90° F at 50 percent humidity is the equivalent of 96° F. **When the heat stress index rises above 90° F, you may want to consider postponing your exercise s[illegible]ay.** Or, plan ahead, and beat the day's heat by working out

4. Fitness: Physical training and heat acclimation can increase your blood volume, helping to regulate body temperature more effectively. Interestingly, the acclima process can be completed in 7 to 14 days of repeated h exposure. However, you must always continue to drink before, during and after exercise.

5. Clothing: Wear minimal clothing to provide greater surface area for heat dissipation. Your clothing should b lightweight, loose fitting, light colored to reflect the sun rays, and of a material that absorbs water, such as cott

6. Rest: Know when to say 'no' to exercise. Using com s N

Heat sensation	risk of heat injury
90° - 105°	Possibility of heat cramps
105° - 130°	Heat cramps or heat exhaustion likely. Heat stroke possible.
130°+	Heat stroke a definite risk.